AHS Family Health Center Success Story

CARES COOK COUNTY
DIABETES PREVENTION & MANAGEMENT

July 2026

Approach

To meet the needs of patients at risk for type 2 diabetes, Asian Human Services Family Health Center (AHSFHC) built a supportive program that aligns with clinic goals and has delivered strong results among participants in their National Diabetes Prevention Program (NDPP). Participants in two cohorts achieved steady weight loss in line with the national average, and many participants credited the program with helping them understand how diet and physical activity work together to support lasting change.

Background

AHSFHC serves more than 15,000 patients, **including many from communities that experience increased risk of type 2 diabetes.** High rates of obesity and hypertension in the surrounding community, along with more than 1,000 patients already living with diabetes, highlighted the need for earlier intervention to prevent disease progression. To address this need, AHSFHC launched the NDPP in 2024, creating a pathway for patients with prediabetes to adopt healthier lifestyles, reduce their risk of developing type 2 diabetes, and improve long-term health outcomes.

The need for NDPP in AHSFHC's community:

Patient Population

- **Obesity Rate: 34%**
- **Hypertension Rate: 27%**
- **Poor A1C Control**

Prevalence Rates

- **AAPI: 11%**
- **Latinx: 16%**
- **Black: 18%**

Diabetes Rates

More than 1,000 patients in the AHSFHC community already live with diabetes.

Clinical Measures

We are committed to providing innovative solutions that will help create a better tomorrow for everyone.

Support

CDC support has strengthened AHSFHC's ability to deliver the NDPP by providing funding for program implementation, evidence-based educational materials that reinforce healthy behavior change, and training that enhances staff capacity and equips lifestyle coaches to effectively support participants throughout their journey.

*CARES Cook County is a Centers for Disease Control and Prevention (CDC)-funded initiative convened by the Illinois Public Health Institute (IPHI) in partnership with healthcare and community-based partners across Cook County.



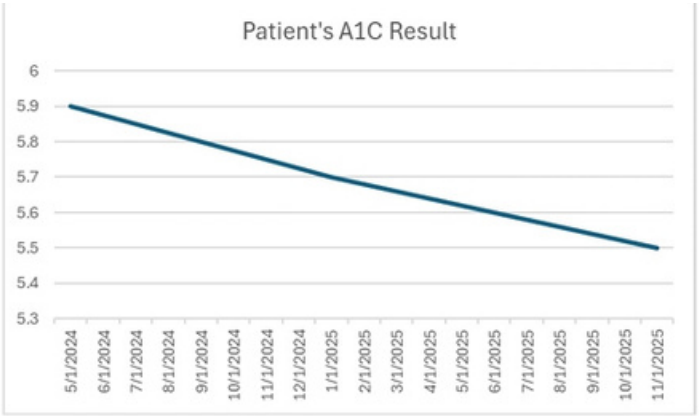
The Impact

Since launching the program in 2024, AHSFHC has completed two year-long NDPP cohorts, with 5–7 participants completing each cohort between 2024 and 2026. Participants achieved steady weight loss consistent with the national average (approximately 0.5–1+ pounds per week), improved A1C levels, and adopted healthier eating and physical activity habits that reduced their risk of developing type 2 diabetes. Many participants attributed their success to gaining a better understanding of the relationship between nutrition, physical activity, and weight management. Beyond measurable health improvements, participants described the program as supportive and relevant to their daily lives, with the group setting fostering accountability, confidence, and lasting behavior change.

AHSFHC integrated NDPP into its existing care model by using electronic health record data to identify eligible patients and recruit them into the program. To increase participant enrollment and retention, lifestyle coaches tailored programs for participants by translating materials into their native languages and adapting recipes to use ingredients participants were familiar with. Staff also adapted program content to address participants' evolving needs, including adding education on substance use and diabetes risk when appropriate and connecting participants with behavioral health and community resources. Incentives, personalized coaching, and a body-positive group environment helped encourage engagement, strengthen retention, and support sustainable lifestyle changes.

Below is the weight loss and hemoglobin A1C results from one AHSFHC patient throughout the NDPP cohort:





Next Steps

Looking ahead, AHSFHC plans to expand their NDPP by offering both an adult cohort and a senior-specific cohort for older adults at higher risk for type 2 diabetes. As the program grows, the team will continue strengthening participant engagement and retention while addressing barriers such as time constraints, long-term commitment, and translated resources. As funding and staffing allow, AHSFHC also hopes to add food distribution and dietitian-led nutrition programming. To sustain the program's impact, the health center remains committed to delivering personalized lifestyle coaching, connecting participants with resources, strengthening relationships with primary care providers, and supporting long-term healthy behavior change.